



Lived Spiritual Encounters as Drivers of Empathy and Religious Pluralism: A Phenomenological Perspective

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ABSTRACT

Religious pluralism remains a vital yet complex reality in increasingly interconnected societies. This study investigates how personal spiritual encounters influence perception of religious diversity and foster empathy across faith traditions. Adopting a descriptive phenomenological approach, twelve participants from diverse religious background shared their lived experiences through in-depth, semi-structured interviews. Thematic analysis revealed that spiritual experiences—whether through prayer, meditation conversion, or interfaith dialogue—act as transformative moments that transcend doctrinal boundaries. These encounters often foster mutual respect, deeper understanding of other faiths, and promote interfaith harmony, even when initial engagement involves tension or disagreement. Religious conversion emerged as a particularly influential factor in broadening spiritual perspectives and cultivating inclusivity. The findings suggest that personal religious experiences are not only central to individual belief systems but also serve as catalysts for building empathetic and respectful interfaith relationships. This research contributes to the discourse on religious diversity by emphasizing the role of lived experiences in shaping pluralistic worldviews and enhancing interfaith cooperation.



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INTRODUCTION

Religious pluralism, while widely discussed in both global and local academic forums, is often addressed through broad sociological or theological narratives. However, fewer studies interrogate how individual, lived spiritual experiences influence one's engagement with religious diversity. The movement of people across borders, globalization, and the expanding interconnectedness of different cultures have intensified encounters between individuals of different religious traditions. In many societies, these encounters have fostered a greater awareness of the diversity of beliefs and practices, leading to both tension and opportunities for deeper understanding (Bingol dkk., 2024). Religious pluralism, as a social and cultural reality, raises important questions about how individuals perceive and navigate their religious identities in relation to others.

At the same time, the subjective experience of religious belief and spiritual practice has been largely shaped by personal, internal, and often unspoken factors. For many individuals, their understanding of and engagement with religious pluralism is deeply influenced by their own lived experiences, the meaning they attach to their spiritual encounters, and their perceptions of other faiths. These experiences, while diverse, share a common thread of seeking deeper understanding, spiritual growth, and interconnection with the world around them. Such experiences are inherently personal and cannot be fully captured through quantitative data alone. They require a more nuanced, qualitative exploration to reveal the depth of meaning individuals assign to these experiences.

This study recognizes the importance of exploring religious pluralism from the perspective of individuals' lived experiences. It aims to delve into how spiritual experiences shape perceptions of other religions and contribute to a broader understanding of pluralism (Stripp dkk., 2023). By

adopting a phenomenological approach, the research seeks to provide insights into the subjective dimensions of religious experience, focusing on the personal, transformative moments that shape an individual's worldview. Such an exploration is essential not only for understanding religious pluralism but also for fostering greater empathy and respect across different religious communities in an increasingly globalized world.

Research on the subjective experiences of individuals within the context of religious pluralism has become a critical area of inquiry in contemporary religious studies and phenomenology. The growing interconnection between diverse religious traditions calls for an understanding of how individuals navigate their own beliefs in relation to others. Such investigations require deep insight into the personal and transformative experiences that individuals undergo, which can only be fully understood by examining their lived realities. As a result, the exploration of these personal experiences has been widely recognized as a crucial element in comprehending religious pluralism from a human-centered perspective.

However, examining the meaning behind personal spiritual experiences poses significant methodological challenges. Traditional quantitative approaches, which rely on numerical data and standardized measurements, often fail to capture the richness and depth of individual religious experiences (Plante, 2020). These experiences are inherently subjective, shaped by personal beliefs, emotions, and cultural contexts, and cannot be reduced to simple statistical variables. As such, conventional methodologies are insufficient for addressing the complex and nuanced nature of the phenomenon. The limitations of these methods highlight the need for qualitative approaches, particularly phenomenological inquiry, which is better suited to uncover the essences of individuals' lived experiences.

In this context, phenomenology offers a promising approach to exploring religious pluralism, as it allows for a deeper understanding of the subjective experiences that define an individual's engagement with diverse faiths. Unlike quantitative methods, phenomenology focuses on describing the personal meanings individuals assign to their experiences, thereby providing richer insights into how spiritual practices and religious identities intersect. This research approach overcomes the limitations of traditional methods, providing a more comprehensive and accurate understanding of the phenomenon, and is essential for addressing the complexities of interfaith understanding and pluralism.

While many studies on religious pluralism have employed practical, widely-used methods such as surveys or interviews with closed-ended questions, these approaches often fail to capture the depth and richness of individuals' subjective experiences. These methods typically focus on broad generalizations and quantitative measurements, which overlook the unique, nuanced ways in which people interpret and experience their spirituality within a pluralistic context. For instance, much of the existing literature explores interfaith dialogue and religious diversity from a structural or theological standpoint, neglecting how individuals' personal, lived experiences shape their perceptions of other religions. As a result, the understanding of how religious pluralism impacts personal belief systems remains superficial and underexplored.

The limitation of these general approaches lies in their inability to fully grasp the essence of spiritual experiences and the complex meanings individuals assign to them (Chorna, 2023). By reducing complex, lived experiences into categories that can be easily quantified, much of the richness of personal religious encounters is lost. This gap in the literature highlights the need for a more holistic and detailed exploration of religious pluralism, one that takes into account the deep, subjective realities of individuals.

Adopting a phenomenological approach addresses this gap by focusing on the lived experiences of individuals and the meanings they attach to their spiritual practices and interfaith encounters. Phenomenology, with its emphasis on describing phenomena from the perspective of those who experience them, offers a way to explore the essence of religious pluralism in a more comprehensive manner. This approach allows for the unveiling of the unique, personal insights that individuals have about their spiritual journeys, offering a richer understanding of how religious diversity influences personal belief systems. By embracing this method, the research aims to provide a

deeper, more meaningful understanding of religious pluralism, capturing the essence of experience that traditional methods overlook.

Previous research on religious pluralism has primarily focused on interfaith dialogue, cultural exchange, and theological perspectives. Studies often utilize quantitative methods or structured interviews, offering broad insights into religious diversity but leaving the personal, subjective experiences of individuals underexplored. For example, while many scholars examine the doctrinal differences between religions, fewer have delved into how individuals from different faiths experience and interpret these differences on a personal, emotional level. Additionally, the existing literature has largely overlooked the intimate, lived experiences of individuals that shape their understanding of religious pluralism, highlighting a need for research that addresses these personal dimensions. Theories on religious experience, such as those proposed by William James and Mircea Eliade, emphasize the importance of understanding spirituality from the perspective of the experiencer, yet this remains underutilized in the current studies on religious pluralism.

To address this gap, this study employs a phenomenological approach, which is ideally suited for capturing the depth and nuance of individual religious experiences. Phenomenology, particularly the descriptive approach of Edmund Husserl, emphasizes exploring the lived experiences of individuals and understanding the meanings they assign to these experiences (Morrison, 2023). By focusing on the first-person accounts of participants, this study aims to uncover the essence of their spiritual journeys and how these shape their perceptions of religious pluralism. This method was selected because it allows for an in-depth, holistic understanding of the phenomenon, ensuring that the complexity of personal religious experiences is fully captured. Through this approach, the research directly answers the call for a more meaningful exploration of religious pluralism that goes beyond generalizations and quantitative measures.

The structure of this article is designed to provide a comprehensive understanding of the phenomenon under study. After the introduction, the article details the context of religious pluralism and its significance in contemporary society. The methodological approach, grounded in phenomenology, is then explained, followed by a description of how data were collected through semi-structured interviews (Abduh & Andrew, 2023). The data analysis process, which involves thematic analysis, is outlined to demonstrate how the essence of participants' experiences was extracted. The results of the study are presented, followed by a discussion of the implications of the findings and their relevance to current understandings of religious pluralism. Finally, the article concludes with a summary of key insights and suggestions for future research.

RESEARCH METHODS

Study Design

This study employed a phenomenological approach to explore the subjective experiences of individuals from diverse religious backgrounds, with the aim of gaining a deeper understanding of how spiritual experiences shape perceptions of religious pluralism. Phenomenology was chosen as the research design because it allows for the in-depth exploration of lived experiences and the meanings participants attribute to them. The focus of phenomenology is on understanding how individuals experience and interpret phenomena in their daily lives (Chong dkk., 2023). By utilizing this approach, the study provided insights into how spiritual experiences influence interfaith understanding, a key element of the research questions.

Given the research context, a descriptive phenomenological approach was applied. This approach, based on the work of Edmund Husserl, focuses on describing the essence of lived experiences without imposing preconceptions or theories. The emphasis was on capturing the raw, first-person experiences of participants in relation to their religious beliefs and practices, with an aim to uncover common themes that transcend individual differences.

Participants

Participants were selected through purposive sampling to ensure that individuals who had relevant experience and insight into the research topic were included. The sample consisted of 12 individuals from various religious traditions, including Christianity, Islam, Hinduism, Buddhism, and those who had undergone religious conversion. All participants were adults aged between 25 and 60, ensuring a diverse range of perspectives while maintaining relevancy to the phenomenon of religious experience and pluralism.

The inclusion criteria required participants to have at least five years of active religious practice or engagement in their respective faith traditions. Individuals who had no religious affiliation or had practiced a religion for less than five years were excluded (Temirgazina dkk., 2023). Gender, age, and cultural background were not limiting factors, as the focus was on the diversity of spiritual experiences and perspectives on religious pluralism.

While the sample size of 12 participants is appropriate for phenomenological inquiry, it presents a limitation in terms of transferability. The findings offer rich, context-specific insights but may not be broadly generalizable to all religious or cultural settings. This limitation is acknowledged as an inherent trade-off in favor of depth and nuance over breadth.

Data Collection

Data were collected through semi-structured interviews, which provided flexibility while ensuring consistency in exploring participants' experiences. The interviews were conducted face-to-face in a quiet and private setting, allowing for an open and comfortable environment where participants could share their experiences freely. Each interview lasted approximately 60 to 90 minutes. The interview protocol was developed to include open-ended questions that encouraged participants to reflect on their spiritual experiences, beliefs, and perspectives on religious diversity.

The interviews were recorded with the participants' consent, and detailed notes were taken during each session. The main focus was to gather rich, descriptive accounts of personal spiritual experiences and how they shaped participants' views on pluralism and interfaith interactions (Roussou, 2021). No formal questionnaire or standardized scales were used; rather, the goal was to explore the unique perspectives of each participant through narrative responses.

Data Analysis

The collected data were analyzed using thematic analysis, which is a widely used technique in phenomenological research. The analysis involved systematically identifying and categorizing the main themes and patterns that emerged from the interview data. The process began with a thorough reading of the transcribed interviews to gain a general understanding of the content, followed by coding significant statements related to participants' experiences of spirituality and pluralism.

Once the initial codes were generated, the data were further analyzed to group similar themes, and these themes were then examined to identify overarching patterns in the participants' experiences. Thematic analysis allowed for the extraction of essential meanings and interpretations from the data, while maintaining a focus on the participants' lived experiences. NVivo software was used to assist with organizing and managing the data, although the focus remained on interpreting the experiences and not on the software itself.

Ethics

Ethical considerations were a central aspect of the study. Informed consent was obtained from all participants before data collection, ensuring that they understood the purpose of the study, the voluntary nature of their participation, and their right to confidentiality. Participants were assured that their identities would remain anonymous and that the data would be used solely for the purposes of this research.

Consent forms were signed, and the study adhered to ethical standards outlined by the relevant institutional review board (IRB) (Baysal dkk., 2024). The confidentiality of the participants' personal information was maintained throughout the study, and all data were securely stored and only

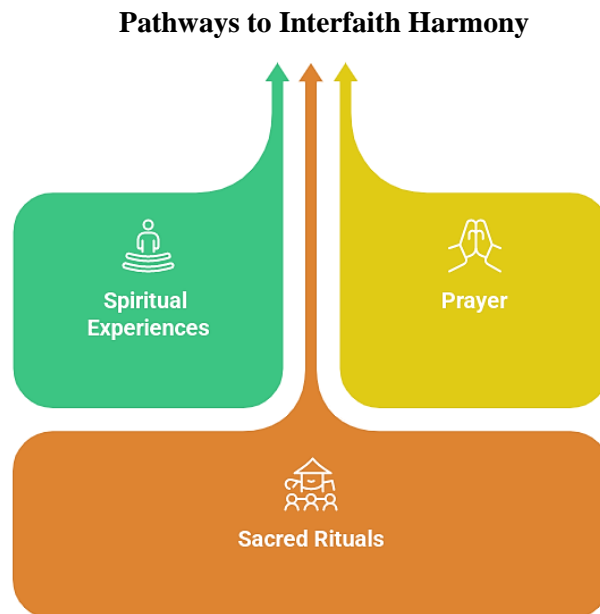
accessible to the research team. The study complied with international ethical guidelines for qualitative research and phenomenological studies.

RESULTS

Spiritual Experiences as Catalysts for Interfaith Understanding

A central theme that emerged from the participants' narratives was the significant role that personal spiritual experiences play in fostering a deeper understanding of other religions. For many participants, their experiences of the divine, whether through meditation, prayer, or sacred rituals, were pivotal in shaping how they viewed religious diversity. As Participant 3 stated, "When I pray, I do not only seek personal peace, but I also recognize the divine in others, regardless of the faith they practice. My spiritual experiences allow me to see God in many forms." This reflects the way in which spiritual encounters transcended doctrinal boundaries and became a bridge for interfaith understanding.

Participant 5 elaborated on this sentiment, noting, "At times, during moments of silence in my worship, I feel a deep connection with people from all faiths. It is as if the divine speaks the same language across all religions." This suggests that personal religious experiences, though specific to one's tradition, can open pathways for empathy and respect toward other religious practices, thus supporting a pluralistic view of spirituality.



The Role of Conversion in Shaping Pluralistic Views

Another key theme that surfaced was the transformative impact of religious conversion on participants' perceptions of religious pluralism. Several participants described how their own conversions – whether from one faith tradition to another or from a non-religious stance to a religious one – influenced their understanding of religious diversity. Participant 8 shared, "When I converted to Islam, I felt like I was gaining a deeper connection to the world, but also realized how much I had underestimated the beliefs of others before. Now, I appreciate how every religion holds a part of the truth."

Similarly, Participant 2 noted, "Converting to Christianity helped me understand that belief is a journey, not a destination. It opened my eyes to the experiences of others in their spiritual paths, even if they are different from mine." These accounts suggest that conversion, while deeply personal and often challenging, also facilitates a broader, more inclusive perspective on spirituality and religious identity.

Conflict and Resolution in Interfaith Dialogue

Another significant theme found in the data was the tension and potential conflict that can arise when individuals with different religious backgrounds engage with one another, particularly in contexts where religious beliefs are deeply held. However, participants also described moments of resolution where interfaith dialogue led to mutual understanding. Participant 7 recalled a challenging experience in an interfaith meeting: “At first, I felt uncomfortable hearing others speak about their religious practices so openly. But as we shared personal stories, I realized that we were more alike than different. It was a moment of profound connection.”

In contrast, Participant 4 discussed the role of conflict in pushing individuals to confront their assumptions, stating, “I was initially resistant to learning about other faiths, but the debates and differences became opportunities for me to reflect on my beliefs and grow.” This theme highlights the complex dynamics in interfaith interactions, where initial discomfort can lead to deeper insights and greater respect for other belief systems.

The data clearly illustrates how personal spiritual experiences, particularly those involving conversion and interfaith dialogue, contribute significantly to the participants’ understanding of religious pluralism. These experiences often serve as catalysts for broadening one’s view of religious diversity, creating spaces for empathy and interconnectedness among individuals of different faiths. The themes of transformative religious experiences, interfaith tension, and resolution underscore the intricate and often dynamic nature of religious interaction, offering new insights into how individuals from diverse religious backgrounds can contribute to a more pluralistic society.

DISCUSSION

The findings of this study reveal that personal spiritual experiences play a pivotal role in shaping individuals’ perceptions of religious pluralism (Foster, 2020). Participants consistently described how their encounters with the divine, through prayer, meditation, or other religious practices, fostered a sense of connection with individuals from different religious backgrounds. This understanding of spiritual interconnectedness highlights the transformative potential of religious experience in promoting empathy and respect across faiths. These findings address the research question regarding how personal spiritual experiences shape perceptions of religious diversity, demonstrating the profound impact that subjective religious encounters can have on fostering interfaith understanding.

The results of this study provide valuable insights into the role of personal religious experience in shaping a pluralistic worldview. As participants expressed, spiritual experiences allowed them to transcend doctrinal differences and perceive commonalities across religious traditions. This suggests that individual religious encounters are not only central to personal faith but also serve as a foundation for broader societal engagement with religious diversity. By emphasizing the personal and transformative nature of these experiences, the study contributes to a deeper understanding of religious pluralism, showing that religious experiences can facilitate a more inclusive and empathetic perspective on interfaith relations. These findings challenge the reductionist approach to religious diversity, advocating for a more holistic, experience-based exploration of the phenomenon.

The findings align with, and expand upon, existing literature on religious experience and pluralism. Scholars such as Moloney (2022) have highlighted the significance of personal, lived religious experiences in shaping individuals’ understanding of the divine and their relationships with others. James, in particular, emphasized the importance of the subjective nature of religious experience in fostering spiritual connections beyond specific religious doctrines. Similarly, Eliade’s work on the “sacred and the profane” underscores how religious experiences can transcend cultural and doctrinal boundaries, suggesting that the divine can be encountered in various forms across different faiths. This study supports these theoretical perspectives by showing that personal spiritual encounters are not only transformative for the individual but also foster empathy and understanding in interfaith contexts. While previous research has explored religious pluralism primarily through social

or theological lenses, this study demonstrates the importance of considering the lived experiences of individuals, thus enriching the broader discourse on religious diversity.

Implications of the Findings

The findings of this study have both theoretical and practical implications for the understanding of religious pluralism. From a theoretical standpoint, the results underscore the importance of considering individual, lived experiences when examining religious diversity. These experiences, whether positive or challenging, can significantly shape how individuals perceive other religious traditions and engage in interfaith dialogue (Robinson & Golphin, 2021). On a practical level, the study highlights the potential for spiritual experiences to foster greater empathy and understanding across faiths, which can have profound implications for promoting peaceful coexistence in multicultural societies. For educators, religious leaders, and policymakers, these findings suggest that nurturing an individual's personal spiritual encounters could play a key role in encouraging interfaith harmony and cooperation.

The findings are also relevant to broader societal and cultural contexts. As global migration increases and societies become more pluralistic, understanding how individuals from different religious backgrounds navigate their beliefs and perceptions of others is crucial (Juergensmeyer, 2021). The study suggests that fostering an environment where individuals are encouraged to reflect on and share their spiritual experiences may help reduce prejudices and misconceptions. Moreover, this approach can contribute to the development of inclusive practices that embrace the diversity of religious beliefs and practices. These implications extend beyond academic discourse, offering practical strategies for promoting interfaith dialogue and understanding in various social and professional contexts.

Limitations of the Study

While the findings offer valuable insights, there are limitations that must be acknowledged. One of the primary limitations is the relatively small sample size, which may not fully represent the diversity of religious experiences in the broader population. The study focused on individuals who had significant personal religious experiences, and therefore, it may not reflect the experiences of individuals with more passive or less engaged religious lives. Additionally, the research was conducted within a specific cultural and geographical context, which may limit the generalizability of the findings to other cultural settings. The reliance on self-reported data, while valuable in capturing personal experiences, may also introduce biases or selective memory. These limitations suggest that further research with larger, more diverse samples and in different cultural contexts is necessary to expand upon the findings.

Prospective Directions for Future Research

The insights garnered from this study open several avenues for future research. Future studies could explore the intersection of personal spiritual experiences and religious pluralism in different cultural and geographical contexts to see how these dynamics vary across populations (Tubali, 2023). Additionally, research could investigate how religious experiences interact with other social factors such as ethnicity, socioeconomic status, or education in shaping attitudes toward religious diversity. Longitudinal studies could also be conducted to track changes in individuals' perceptions of religious pluralism over time, particularly in response to significant life events such as religious conversion or migration. By expanding the scope and methodology of this research, future studies could further contribute to our understanding of how personal religious experiences influence societal and cultural perceptions of pluralism, offering valuable insights for both academic inquiry and practical applications in fostering interfaith understanding.

CONCLUSION

This study explored the role of personal spiritual experiences in shaping individuals' perceptions of religious pluralism, addressing a gap in the literature regarding how lived religious encounters influence interfaith understanding. The findings highlight that individuals' spiritual

experiences are crucial in fostering empathy and connection with people of different faiths, demonstrating how such experiences transcend doctrinal differences and contribute to a broader, more inclusive perspective on religious diversity. By employing a phenomenological approach, this study offers a deeper, more nuanced understanding of religious pluralism, which was often overlooked in previous research that relied on quantitative or generalized approaches. The study contributes to the growing body of work on religious experience and pluralism by showing the transformative potential of individual encounters with the divine. Future research could build upon these findings by exploring how these experiences vary across different cultural contexts or religious traditions, offering further insight into the intersection of spirituality and interfaith relations. Such studies could further enrich our understanding of religious pluralism and guide practical approaches to fostering interfaith dialogue and cooperation.

CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest regarding the publication of this article.

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